

Stress Busters

Aromatherapy



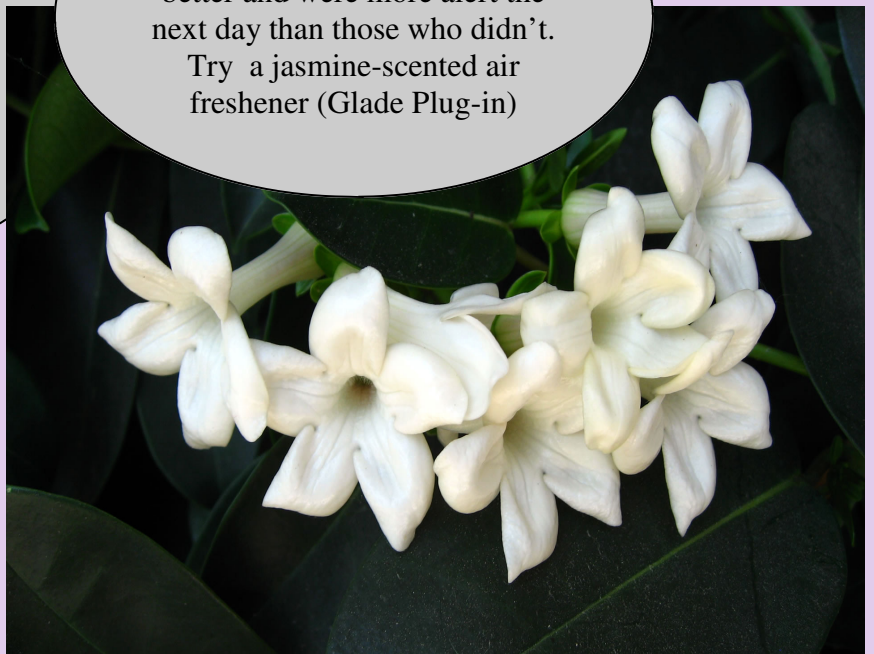
Benefits of Aromatherapy

- Relief from anxiety and depression
- Improved quality of life, particularly for people who have chronic health conditions

“Aromatherapy is thought to work by stimulating the smell receptors in the nose, which sends messages through the nervous system to the limbic system—the part of the brain that controls emotions.”

Heat lavender essential oil in a candle warmer or light a lavender candle and inhale the fragrance in three long, slow breaths through your nose. Let the air out slowly through your lips, only strong enough to make the flame flicker.

Research subjects who slept in a jasmine-scented room slept better and were more alert the next day than those who didn't. Try a jasmine-scented air freshener (Glade Plug-in)



Top stress-relieving aromatherapy scents to have on hand:

- Orange
- Grapefruit
- Lemon
- Rosemary
- Peppermint
- Rose
- Jasmine
- Chamomile
- Lavender

Different scents appeal to different people. Find one that you enjoy and keep it handy. When feeling stressed, inhale the scent in slow deep breaths to induce a sense of calm.